



# Are We Asking the Right Questions?

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*Stories from the trail...*

**Aron Ralston:  
“Could I do that?”**



## ***May come down to some specific behavior traits:***

- Survivors rapidly read reality.
- Getting angry is a waste of precious energy.
- Integrated problem-solving: left brain, right brain, logical, creative, leaps of faith.
- Optimism and unflappability.

**“It is to be proud and humble, positive and negative, selfish and unselfish, cooperative and rebellious, spiritual and irreverent... Survivors are complex, compassionate, and most-important, open-minded...The foremost quality of a survivor is intellectual flexibility.”**

Al Siebert, founder of the Resiliency Center  
and author of *The Survivor Personality*





Beyond the wake lie smooth waters.



Even the gentle  
epiphanies are  
powerful.

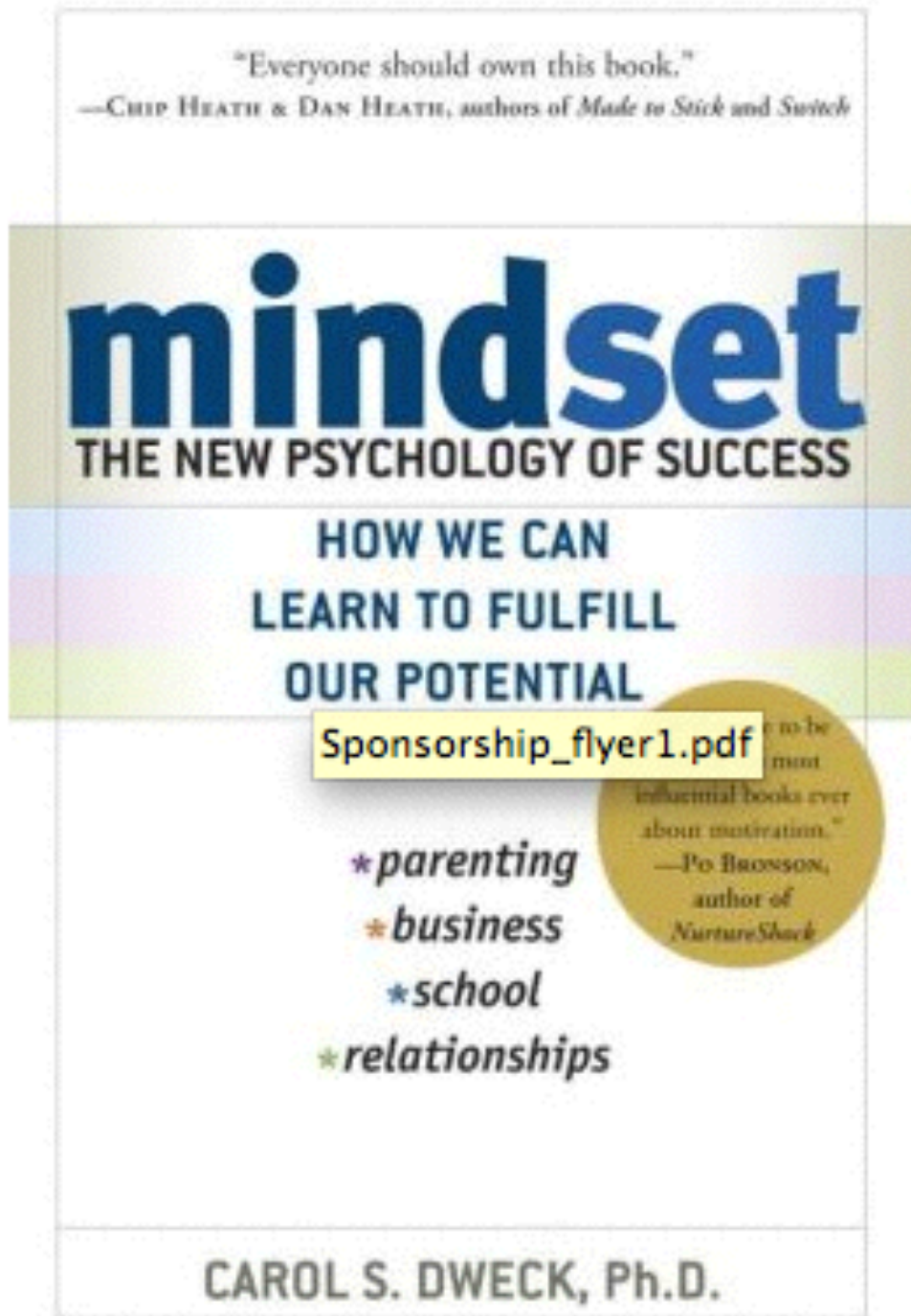




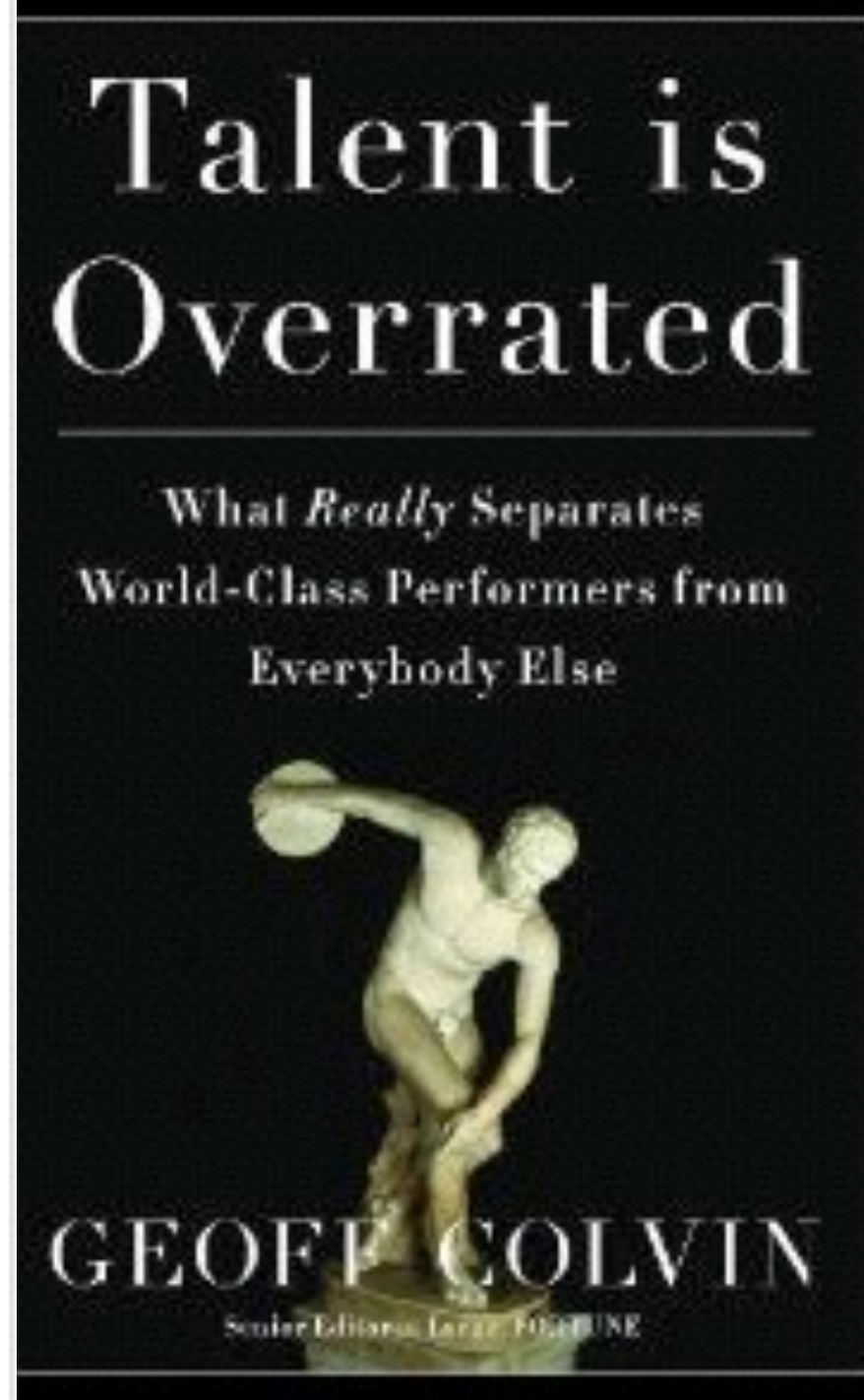
Letting go starts with  
*going forward.*



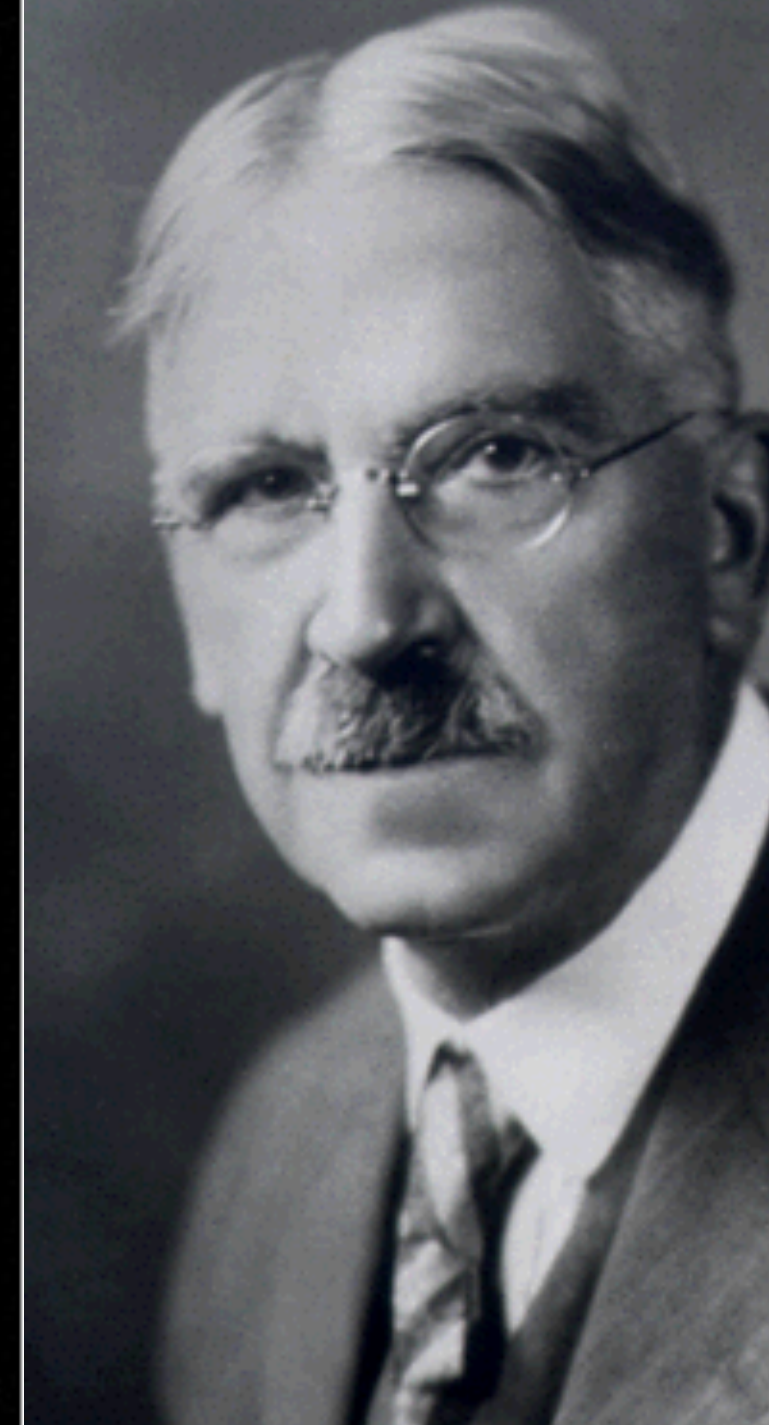




Growth vs. Fixed  
mindset



Precision of Practice



Habits lead to  
art





Learning vs. Tasks

*What creates motivation?*



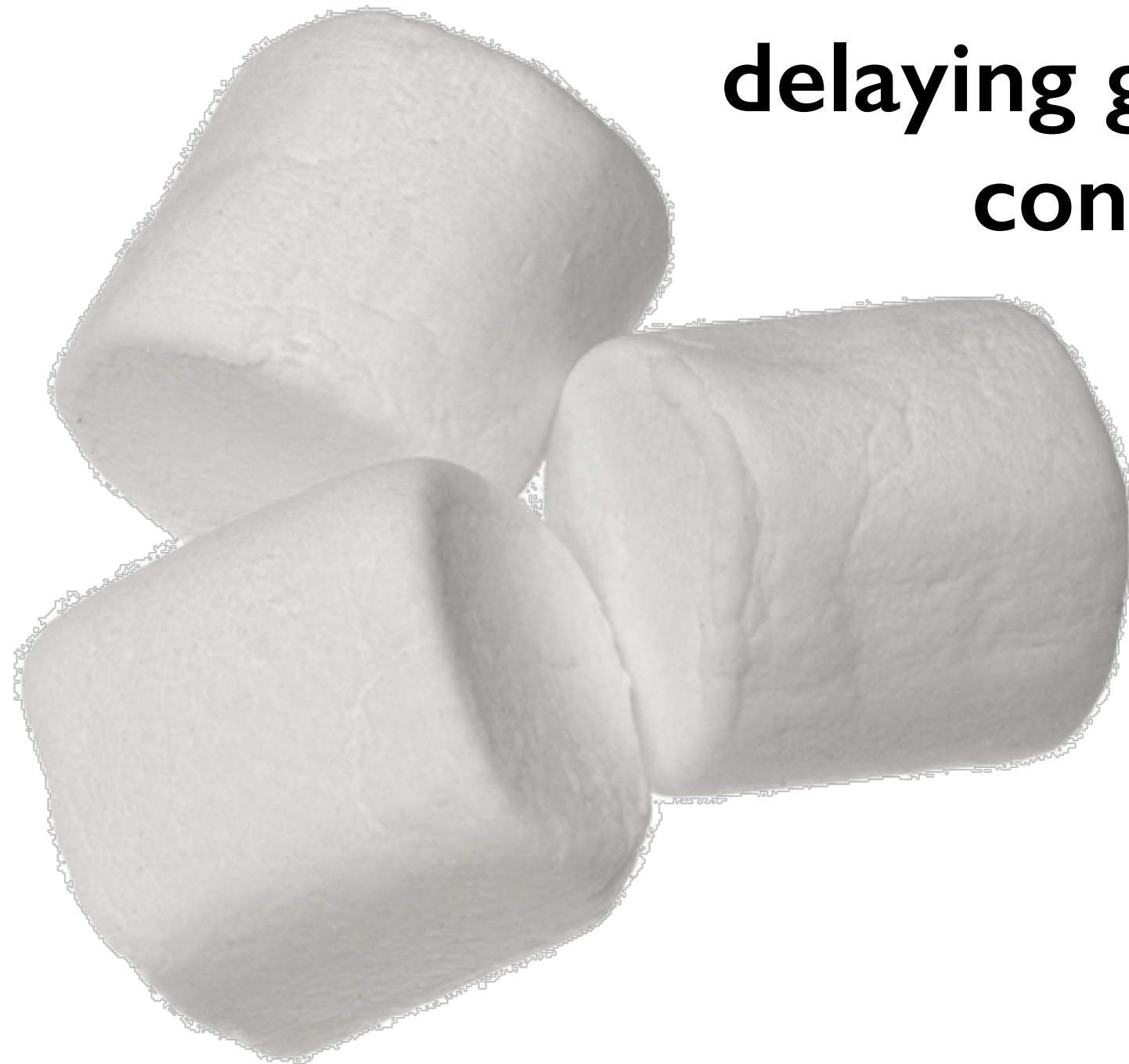
**What**

**motivates  
you?**





What marshmallows tell us about  
**delaying gratification and self-  
control in learning.**



Psychologist, Walter Mischel



# Discovering motivation through purpose

**TED** Ideas worth spreading

<http://www.youtube.com/watch?v=u6XAPnuFjlc>



**DAN PINK**  
(click to play)





Use your research to create a common 1) QUESTION, 2) PROBLEM to SOLVE or 3) SCENARIO to ADDRESS.

*For example...  
I am a principal who is concerned that I'm not motivating my teachers enough.  
What can I do?*

**Note: start with "I am a..."**

**Dan Pink:** What does he say about what really motivates others?

**Malcolm Gladwell:** What does his research suggest about becoming an expert at something?

**FLOW theory:** What is the role of challenges when it comes to motivation?

**Provocateur:** What questions cause us to bring all of these theories to the table?



# Pinwheel Discussions







Dan Pink

Provocateur

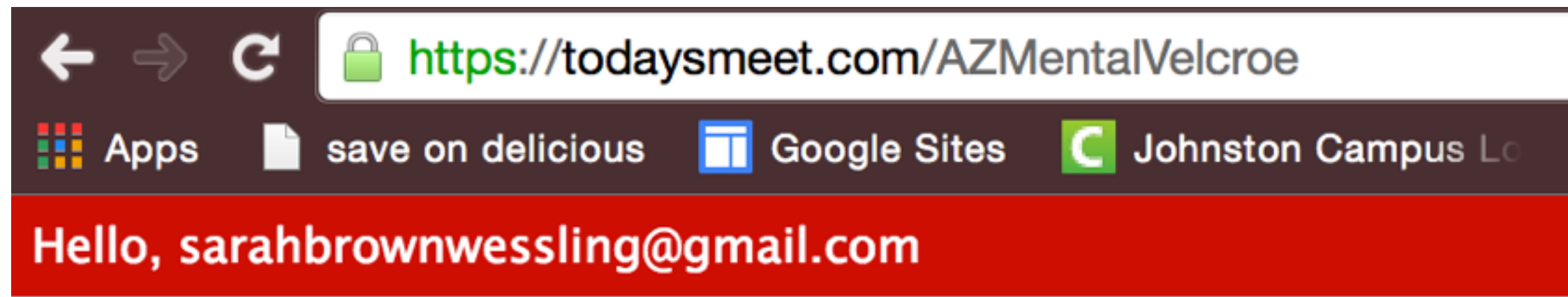
Malcolm Gladwell

Flow theory

**NOTE:** You are **the author** in this scenario who is here to advise/help/offer insight to the “provocateur.”



Let's make our thinking **stick!**



Today'sMeet

AZMentalVelcroe

Listen

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